

Lake Jackson Recreation Center Rules and Regulations

General Facility Rules

- No parent/guardian age 18 or older may have more than three children at a time that they are responsible for supervising.
- All children six (6) years of age and under must be kept within arm's reach of a parent or guardian eighteen (18) years of age or older. (Each child and parent or guardian must wear a wrist band given by the Recreation Center staff)
- Children ages 9 and under are required to be accompanied by an adult age 18 or older to enter the facility.
- The Lake Jackson Recreation Center is not responsible for lost, stolen or damaged to property.
- Smoking, smokeless tobacco and illegal drugs are prohibited in the Recreation Center.
- No person under the influence of drugs will be allowed in the premises.
- No person shall engage in conduct infringing upon the rights of other participants.
- No person shall use profanity, threaten or intimidate another person in a physical or verbal manner.
- Fighting is strictly prohibited.
- Misuse, abuse or damages to the facility, staff or equipment will be grounds for suspension or restitution.
- No glass containers or chewing gum is allowed in the Lake Jackson Recreation Center.
- Food must be eaten in the Vending area only.
- Inappropriate displays of affection are not allowed.
- Parks and Recreation Department programs take precedence over all other activities and facility availability is subject to change.
- Supervisory staff has final say on all rule interpretations and may adapt rules if they feel safety is a concern to any patron.

Racquet Ball

- Courts are reserved in one hour time slots. Court reservations may be made one week in advance. Reservations will only be held 15 minutes.
- Protective eyewear is strongly recommended.
- Appropriate shoe wear is required. Non-marking court shoes only.
- All racquets must have the safety string attached and intact.
- Individuals playing racquetball, Wallyball or Ping Pong must be seven years of age or older to use courts unless accompanied by an adult.
- A maximum of four individuals are permitted to play racquetball, Wallyball or Ping Pong in one court.
- Members may use a racquetball by providing their membership card as collateral.
- Racquets are available for rent for one dollar at the front desk.
- Individuals requesting to play Wallyball should call in advance to ensure court availability and reserve a specified time slot.
- A minimum of four individuals must be present before Wallyball net will be set up if a reservation was not made.
- A ping pong table is available on a first come, first serve basis and may not be reserved in advance. Individuals wanting to play ping pong must ask the front desk for paddles and balls.

Spin Studio/Fitness On Demand

- The Spin Studio is for scheduled classes, programs, Fitness on Demand and personal training only.
- Members may reserve Spin Studio for Fitness on Demand in one-hour time slots one week in advance.
- Individuals 12-15 years are permitted in the Spin Room with a parent/ guardian 18 years or older present at their side.
- Individuals 11 years and under are not permitted in the Spin Studio.
- Proper footwear (i.e. closed toed tennis shoes) and work out attire clothing are required.
- Please return weights and equipment to their proper location.
- Weights and dumbbells may not be dropped on the floor.
- Please help keep equipment sanitized and wipe down equipment and mats after use.
- Report any problems with equipment to Recreation Center staff.

Gymnasium

- Individuals utilizing the gym must wear non-marking court shoes only.
- Hanging on nets, rims, or equipment is prohibited.
- No slam dunking.
- Dodge ball, bombardment, wall ball, etc. is not allowed.
- Members may use a basketball by providing their membership card as collateral.
- Full Court basketball will be held in half of the Gymnasium on Monday and Wednesday from 5-9pm and Sunday from 3-6pm.
- Open Volleyball will be held in half of the Gymnasium on Saturdays from 3:30-5:30pm. Must have a minimum of 6 players for nets to be set up.
- Sport Wheelchairs are available for checkout except during the school year Monday through Friday 3-5 pm. During this time they are only available to individuals with a need.

Weight Room

- Individuals 12-15 years of age must have a parent/guardian 18 years or older and present at their side or assisting with equipment.
- Individuals 11 years and under are not permitted in the weight room.
- Proper footwear (i.e. rubber soled athletic shoes that cover the entire foot) and proper work out attire should be worn at all times.
- No food or drinks, except water, is allowed in the Weight Room.
- Gloves must be worn in order to use the punching bag and Individuals must provide their own gloves.
- Please return weights and dumbbells to their proper location.
- Do not drop weights or dumbbells on the floor or benches.
- Please sanitize equipment after use to lower the risk of spreading germs.
- When using heavy weight lifting equipment for safety purposes we recommend using a spotter
- Do not abuse or overload equipment.
- During peak hours please limit cardio usage to twenty minutes.
- Please report any problems with equipment to the Recreation Center staff.

Locker Rooms

- We ask all patrons be respectful to other patrons and do not bring anyone of the opposite sex in to the Locker Rooms. Parents with children must use Family Restroom located by the vending area.
- Members may rent lockers on a monthly basis. have the option of renting a locker on a monthly basis
- Customers may use day use lockers but must bring their own lock. All personal items and locks must be removed at the end of the day. Locks left on a day use locker will be cut off and the items removed.
- Customers may purchase a lock for \$5.00 at the front desk.
- Customers are asked to keep the locker areas clean and dispose of all trash.
- Please inform staff member if the facilities require attention.
- Please report the presence of suspicious individuals in the locker room to Recreation Center staff.

KidZone

- The KidZone is open to children of members only.
- Children must be 6 months to 7 years old.
- The KidZone hours are Monday-Friday 8:00 a.m. – 1:00 p.m. and 4:00 p.m. – 8:00 p.m.
- Children may remain in the KidZone for a maximum of 2 hours after check-in. Parents will be charged \$1.00 per minute for children not picked up on time.
- Parent must be wearing a green wristband to enter the nursery and check out children.
- No food, strollers, toys or personal items in the nursery.
- Parent/guardian may not leave The Recreation Center-Lake Jackson while the child is in The KidZone.
- For the safety of all children and KidZone personnel, children will not be permitted to stay in the KidZone if they show any signs of illness.

Skate Park

- The Skate Park is for skate-boarding and scooters only. Roller-blades, roller-skates, rip sticks and bikes are not permitted in the Skate Park.
- Skate Park is open Monday through Friday 5:45am to 8:30pm, Saturday 8:00am to 6:00pm and Sunday 1:00pm to 5:30 pm.
- Individuals are required to wear proper skateboarding helmets. Knee and elbow pads are strongly encouraged.
- Children age 10 and under must be accompanied by a parent/guardian.
- Alcohol, drugs and tobacco are not permitted in the Skate Park.
- Individuals in the Skate Park will be held to the same code of conduct as individuals utilizing The Recreation Center.
- Individuals using the Skate Park are asked to watch for small children, be courteous to others and to keep the Skate Park clean and safe.
- The Parks and Recreation reserves the right to close the park for safety reasons.
- Individuals will be prosecuted for intentional damages to the Skate Park and individuals may be responsible for restitution.
- Texas law (Chapter 75 Civil Practice and Remedies Code) limits the liability of a municipality that owns, operates or maintains a facility in which hockey, in-line skating, roller-skating, skateboarding or rollerblading are conducted for damages arising directly from such recreational activities. Participants choosing to use the Skate Park are participating at their own risk.

Pool Rules

- All children six (6) years of age and under must have a parent/guardian 18 years of age or older within arm's reach of them anywhere in the facility. Adults will be required to enter the pools with the child. (Each child and parent or guardian must wear a wrist band given by the Recreation Center staff).
- Children ages seven (7) to nine (9) must have a parent or guardian 18 years or older in the pool facility at all times.
- No running, diving, horseplay, or loud and unruly conduct.
- No repetitive underwater breath holding or hypoxic training allowed.
- U.S. Coast Guard approved lifejackets only allowed as personal floatation devices.
- Proper swim wear only. No make shift bathing suits. Shirts are allowed as long as they are covering a swim suit.
- Swim diapers are required for younger children; regular diapers are prohibited in the pool.
- Some guest may be required by lifeguard staff to wear a lifejacket if deemed necessary.
- Lifeguards have final say on all rule interpretations and may adapt rules if they feel safety is a concern to any patron.

Slide Rules

- You must be 48" to ride alone. (As tall as Charlie's hand)
- No Lifejackets or Floatation Devices allowed on slide.
- Wait at bottom of stairs until rider exits and leave promptly after entering.
- No running, standing, kneeling, rotating, tumbling, or stopping in the slide.
- Only one person at a time.
- Keep your hands inside the slide.
- No diving from the slide.
- Must go feet first.

Lap Pool Rules

- No open swim allowed in Lap Pool
- No life jackets allowed Lap Pool

Sauna

- Individuals must be 16 years or older to enter the sauna.
- Individuals are asked to avoid moistening the sauna rocks.
- If an individual pours water or aromatherapy mixture on the rocks he/she is liable for restitution if the sauna is damaged or destroyed.
- Pouring water over exposed elements could cause heater damage and possibly a fire.
- Individuals should check with a doctor before using the sauna if pregnant or under medical care.
- Do not smoke, use alcohol, or exercise in the Sauna
- Do not exceed 15 min. in the Sauna at one time, as excessive exposure can be harmful to your health.
- The Sauna should not be used as an endurance test.
- Persons with poor health should consult their physicians before using the Sauna.
- Do not place any combustible material over the Sauna Heater (towels, bathing suits, etc.).
- Individuals asked to leave the sauna immediately if they feel uncomfortable, weakened, dizzy, or faint.
- WARNING: The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.

The rules listed are not all inclusive but serve as a guideline. For a complete set of rules contact the Lake Jackson Parks and Recreation Center 979-297-4533.